



Chicken Pot Stickers

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 egg white
- ☐ 1 garlic clove crushed
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 2 cups cabbage green finely chopped
- ☐ 0.3 cup green onions minced
- ☐ 0.5 pound ground chicken

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil
- ☐ 4 teaspoons vegetable oil divided
- ☐ 0.5 cup water
- ☐ 1 cup water divided
- ☐ 30 won ton wrappers

Equipment

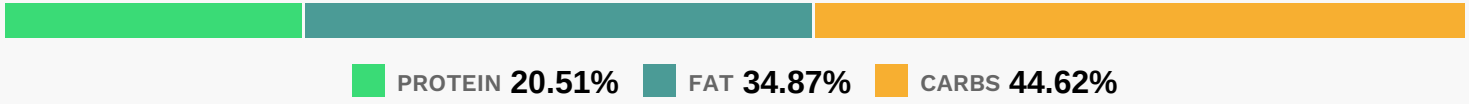
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ pot

Directions

- ☐ Heat 2 teaspoons vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add cabbage; cook 9 minutes or until lightly browned, stirring frequently. While cabbage cooks, add 1/2 cup water, 1 tablespoon at a time, to keep cabbage from sticking to pan. Spoon cabbage into a medium bowl; let cool completely.
- ☐ Add chicken and next 6 ingredients (chicken through garlic) to bowl; stir well.
- ☐ Working with 1 won ton wrapper at a time (cover remaining won ton wrappers to keep them from drying out), spoon about 1 tablespoon chicken mixture into the center of each wrapper.
- ☐ Moisten edges of wrapper with water, and bring 2 opposite corners to center, pinching points to seal. Bring the remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place pot stickers on a large baking sheet sprinkled with cornstarch; cover loosely with a towel to keep them from drying out.
- ☐ Heat 2 teaspoons vegetable oil in a large nonstick skillet over medium heat.
- ☐ Place half of pot stickers in bottom of skillet; cook 3 minutes or until bottoms are lightly browned.

- ☐
- Add 1/2 cup water to skillet; cover and cook 3 minutes or until liquid is absorbed.
- ☐
- Place pot stickers on a serving platter; set aside, and keep warm.
- ☐
- Wipe skillet with a paper towel. Repeat procedure with remaining vegetable oil, remaining pot stickers, and remaining water.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.021739129139%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 44.07kcal (2.2%), Fat: 1.7g (2.62%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.19g (0.21%), Cholesterol: 7.18mg (2.39%), Sodium: 89.52mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin K: 7.57µg (7.21%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.85mg (4.24%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.05mg (3.17%), Manganese: 0.06mg (3.04%), Vitamin B6: 0.05mg (2.45%), Vitamin C: 1.96mg (2.38%), Folate: 9.31µg (2.33%), Phosphorus: 21.56mg (2.16%), Iron: 0.36mg (1.99%), Potassium: 59.62mg (1.7%), Zinc: 0.18mg (1.2%), Fiber: 0.29g (1.15%), Magnesium: 4.23mg (1.06%), Copper: 0.02mg (1.04%)